



You need **8-12 SERVINGS** of fruits and vegetables a day. Each meal should include a serving or two.

If you buy mainly raw foods and you will avoid having to deal with reading labels.

**GLUTEN FREE, GRASS FED BEEF, NO HORMONES, NO ANTIBIOTICS AND WILD CAUGHT FISH!**

Your daily **WATER INTAKE** should be approx. 90 oz.

**DAILY SERVING EXAMPLES**

Here's an example of a days worth of fruits and veggies

**BREAKFAST**

1/2 cup of peppers, mushrooms or broccoli in an egg white omelette

**SNACK**

1/2 cup of fruit with yogurt

**LUNCH**

1 cup of spinach, 1 tomato and 1/2 an avocado in your salad

**AFTERNOON PROTEIN SHAKE**

Add 1 cup of berries

**DINNER**

1 cup of asparagus on the side

**VEGGIES**

1 serving of vegetables is 1 cup of leafy veggies like spinach or sliced peppers

- Broccoli
- Spinach
- Celery
- Beets
- Radish
- Chards
- Kale
- Mushrooms
- Carrots
- Bell Peppers
- Zucchini
- Arugula
- Asparagus
- Bok Choy
- Cauliflower
- Romaine



**FRUIT**

1 cup of berries or 1 apple is a single serving of fruit

Any fruit is fine for you! If you want less sugar and lower glycemic, stick with

- Green Apples
- Berries
- Grapefruit



**HEALTHY FATS**

1 serving is 1/2 an avocado or 1/2 cup of raw nuts

- Avocado
- Avocado Oil
- Olive Oil
- Coconut Oil
- Walnut Oil
- Raw Nuts



**LEAN PROTEIN**

1 serving of lean protein is about the size of your fist. Approx 5 oz.

- Chicken
- Tuna
- Shrimp
- Scallop
- Salmon
- Snapper
- Halibut
- Turkey
- Eggs
- Bison
- Lean Beef
- Greek Yogurt



**STARCH**

1 serving is 1/2 of a sweet potato or 1/3 cup of rice

- Jasmine Rice
- Oatmeal
- Potatoes
- Sweet Potatoes
- Turnips
- Yams
- Rutabaga
- Lentils
- Black Beans
- Chickpeas
- Pumpkin
- Squash
- Sourdough Bread

